

# Maximize Your Life

## Vision Casting and Goal Setting

### Goal Takeaway:

Attendees will be able to identify key problem areas that are keeping them from getting to where they want to be in life. This will help employees become happier in life and be better employees.

### Summary:

If we aren't living the life we want, it's probably because our lifestyle and goals are not aligned. I will show the audience exactly why this is the case and provide steps to help them get the alignment they want. It is a message of dreaming again and showing there is still hope no matter how stuck they might feel. The audience will understand the importance of living and working in their strengths so they can be more productive and achieve their goals in life.

### Target Audience:

Any person that is "stuck" in life in some form or fashion could be related to their job, marriage, income, debt, lifestyle choices, etc. Attendees should be prepared to experience some paradigm and mindset shifts after attending this presentation.

### Audience Takeaways:

- Attendees will walk away with actionable steps to get there from where they are at to where they want to go.
- Attendees will know how to identify problem areas in their lives so they can be addressed effectively.
- Attendees will understand the importance of not becoming complacent in their life, always setting goals and dreaming of the future.
- Attendees will recognize the importance of a solid career and how importance it is to work in their strengths.
- Attendees will have a plan to cast a vision for their life and set goals to get there.

### Presentation outline:

I will start by encouraging attendees to think back to their original dreams as a child. Oftentimes we forget that we once had dreams and goals as we get "stuck" in the ruts of life. And those of us that are in a good spot in life have even more reason to look forward to the next thing because we are already motivated. This will be a time of reflection and interacting with the audience to dream with me.

I'll then go into my personal story of how my family's life didn't align with the goals we had for the future. I will tell the story of our digging out of debt, building a smaller house and the doors it's opened for us to build the life we truly want. I always make sure to note that not everyone want this type of life, but the core concept is that each person can make the necessary changes to improve their situation.

The next portion will lay out the key steps to getting unstuck from the rut they are in and how to move forward. We will outline several ways we can move forward into the life we really want. This will include how to vision cast, identify problem areas in life and making a plan to solve them.

I typically do a lot of questions for the audience throughout my presentations and try to get a handful of answers for each. Depending on room setup and audience size, I sometimes provide candy for those that answer questions. It's surprisingly effective in getting people to speak up! I will provide a fill in the blank sheet that will hit on key points for the audience to take with them.

A small portion of the event will be open for Q&A from anyone that wants clarification on what has been presented. I am open to being available for support after the presentation as well.